

I Have Hepatitis A

Now What?



What is hepatitis A?

Hepatitis A is a virus that causes serious liver infection and can spread from person to person. The virus can make you sick for weeks to months.



How is hepatitis A spread?

Hepatitis A is spread when the hepatitis A virus is taken in by mouth from contact with objects, food, or drinks contaminated by the feces (or poop) of a sick person.

How can I keep other people from getting sick?



Do

- Wash your hands after going to the bathroom
- Clean your bathroom with bleach



Don't

- Have sex for a week after your symptoms start
- Cook food for other people while you're sick and for a week after you feel sick
- Spend the night at other people's houses while you're sick
- Share personal items with others



When am I contagious?

You can spread hepatitis A two weeks before you are sick until one week after you are sick. People you have lived with, spent time with, or had sex with in that time need a vaccine.



What are some of the symptoms?

- Stomach pain
- Diarrhea, vomiting, nausea
- Fever
- Body aches and fatigue
- Yellow skin or eyes
- Dark pee or light poop



What if someone I know has symptoms?

They need to go to a doctor. It can take 50 days for people to get sick.



Who is at risk?

Anyone can get hepatitis A. Some people have a higher risk, like people who:

- use drugs
- are homeless
- have been in jail recently
- men who have sex with men
- people who have close contact (live or have sex) with someone who is infected



Do I need a vaccine?

No. If you have hepatitis A, your body will fight the illness. Most people can only be infected with hepatitis A once in their lifetime.



Will I have hepatitis A forever?

No. Most people fully recover in several months without permanent liver damage.